

# Ring Buoy Relay

**TOPIC/SUBJECT:** Water Rescue Skills

**TARGET AUDIENCE/AGE LEVEL:** 6<sup>th</sup> grade to adult

**TIME:** 10-20 minutes

**THEME:** You can rescue a drowning victim if you know how to properly throw a ring buoy.

**GOAL/PURPOSE:** To demonstrate the use of a ring buoy or throwable Type Personal Floatation Device (PFD).

**OBJECTIVE(S):** Participants will know how to properly throw a ring buoy.

## **DESCRIPTION:**

- A. The object of the game is to throw a ring buoy to someone portraying a person that is drowning and pull that person back to safety.
- B. Stretch out a rope that is approximately 15 feet long on the ground. Then place the ring buoys approximately 10 feet away from the rope.
- C. Divide the children into two teams.
- D. Then divide the two teams in half. You will have 4 groups: 2 groups will portray people that are drowning and the other 2 groups will be “rescuers.” Have each rescuer group line up behind a ring buoy. The other 2 groups should line up behind the rope facing the rescuer groups.
- E. At the sound of “GO,” the first rescuer in line will throw the ring buoy to the drowning teammate. The first team to rescue all of their teammates wins.
- F. Then have the groups switch sides, so everyone will have a chance to throw the ring buoy.
- G. If this is done as a beach program you may want to explore ways to involve younger kids in this activity (that cannot throw large ring buoys) i.e. cheerleaders

**SUGGESTED MATERIALS & EQUIPMENT:** Two ring buoys with 25-30 feet of rope attached to them, and another rope that is approximately 15 feet long